



Sunscreen 101

SPF 15, 30, 85 what does this mean? If sunscreen is applied in the morning, is it effective all day? If cosmetics have SPF, do you need to apply additional sunscreen? These are just a few of the questions that people ask themselves when the sun begins to shine.

Most sunscreens work by absorbing, reflecting or scattering sunlight. They contain chemicals that interact with the skin to protect against UV rays. Sunscreens are given a specific SPF number that rates how well they block UV rays. The higher the number, the more protection you get. Reapplying sunscreen is necessary. It can wear off after two hours, or after swimming and toweling off.

Most sunscreens have an expiration date. No, this date is not just placed by the manufacturer to make you purchase more of the product! The longer the protective agents sit the less effective they are. It's best to toss them when they expire. Ask yourself if a few dollars is worth the pain a child or adult has to endure with burnt skin! If the sunscreen you purchased does not have an expiration date, they are not good for more than 3 years.

Some cosmetics such as foundation, lip balm, and powders consist of the same chemicals that are contained in sunscreen. However, the same rules apply. How long have you had the cosmetic? Does it contain at least SPF 15? How long are you outside? Remember, reapplication is necessary. The sun blocking chemicals expire just as they do in regular sunscreen, so if you have had them a while, they may not be effective.

Remember, sunscreen is recommended not just in the summer time! Skin can burn in cold weather because the sun reflects off the snow. Keep in mind that children under the age of 6 months should not use sunscreen. Always ask your pediatrician for recommendations when thinking about applying sunscreen! Sun block can help protect future sun damage and skin cancer!



Firework Safety

Fireworks are used to celebrate special events and are certainly used as a marker for the Fourth of July. While beautiful and bright, fireworks cause thousands of eye injuries and burns each year. Here are three simple ways to stay safe this Fourth of July:

- Avoid using consumer fireworks.
- Stay safe by going to see a fireworks show that is put on by professional experts.
- Keep a close eye on children and pets during the fireworks.

Firework Facts

- Fireworks cause an average of 18,500 fires per year!
- A sparkler can get up to 1200 degrees Fahrenheit (water boils at 212 degrees Fahrenheit). Sparklers are responsible for 1/4 of all emergency room visits!

Information from the National Fire Protection Association

NPAW Group:

If you have an interest in physical activity and nutrition, consider joining the Nutrition and Physical Activity Workgroup (NPAW). To inquire call 9920) 388-7160. Support Healthy Kewaunee County!